



Drexel University

2026 Wellness Incentive Program

Drexel University | January 28, 2026



Welcome to the
Wellness Webinar
We will begin momentarily



A HEALTHIER U

DREXEL HUMAN RESOURCES

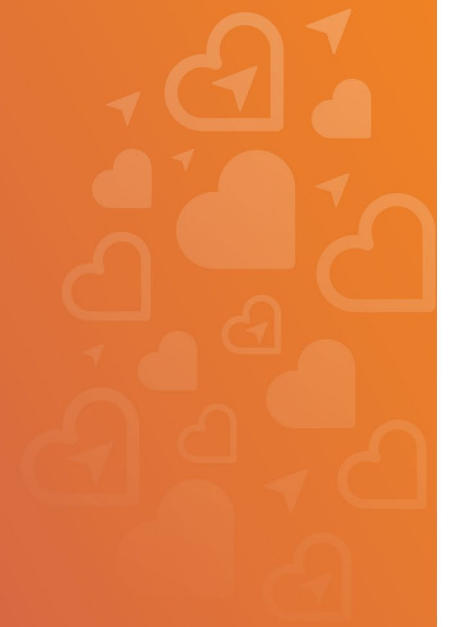


If you cannot connect to computer audio, please dial in to the call using the conference call number provided in the invitation



Please place your phone on mute and step away from the webinar if needed to avoid creating distractions

Health Advocate Overview





About Health Advocate



Over 20 years of helping people navigate healthcare and improve their well-being



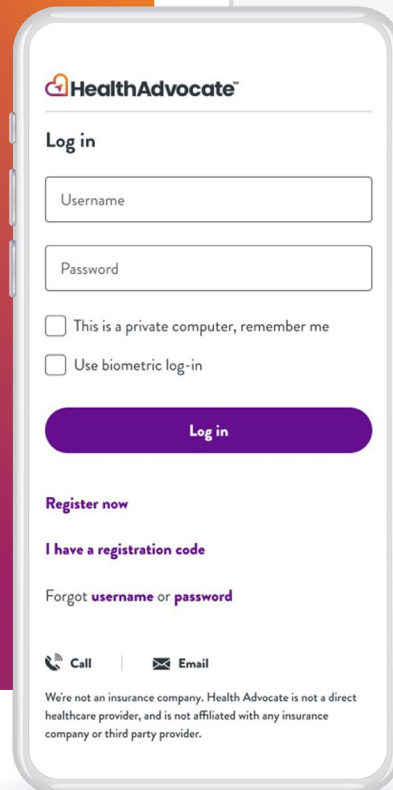
Supports 12,500+ organizations nationwide with personalized guidance



Available in 250+ languages, HIPAA-compliant, NCQA Certified & Accredited

Start here: Register today!

- ✓ Hands-on support for a variety of health and well-being issues
- ✓ Confidential & available 24/7
- ✓ Interactive website & mobile app



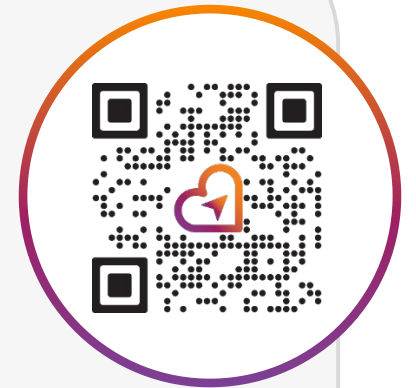
Phone:
866.799.2728

Email:
answers@HealthAdvocate.com

Website:
HealthAdvocate.com/Drexel

Registration code:
DREXELU

Health Advocate is available 24/7. Normal business hours are Monday - Friday from 8 AM to 10 PM, Eastern Time. Staff is available for assistance after hours and on weekends.



Important notes about our service



Health Advocate does not replace health insurance



Health Advocate does not provide medical care or recommended treatment

Private and confidential



We protect your privacy

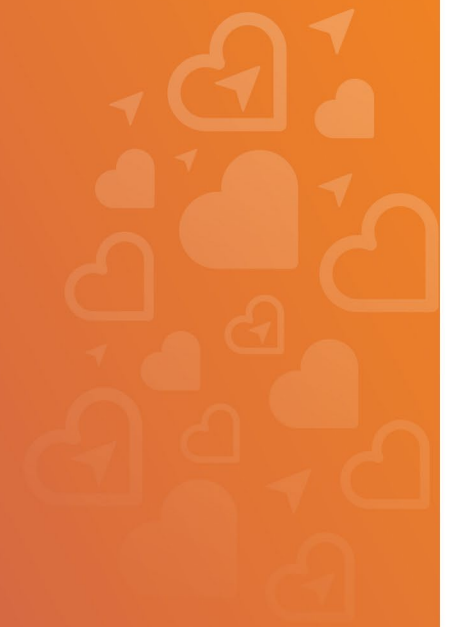


We fully comply with the federal Health Insurance Portability and Accountability Act (HIPAA)



All health information is kept strictly confidential

Personalized Well-Being



Personalized support to help you thrive



Get expert guidance tailored to your unique well-being goals



Discover what motivates you, and build healthier habits that last



Access curated resources to understand risks and take action

Drexel University 2026 Wellness Incentive Program

Earn up to \$650!

Start Date:
January 1, 2026

Deadline to Earn Points:
November 30, 2026



**Drexel Wellness
Incentive Guide**
click to download

**Earn up to
\$400**

Full-time and part-time faculty and professional staff enrolled in a Drexel medical plan, or full-time employees who waive coverage are eligible

**Earn up to
\$250**

Spouses and domestic partners who receive medical insurance through Drexel, or spouses/partners of employees who waive medical coverage are eligible

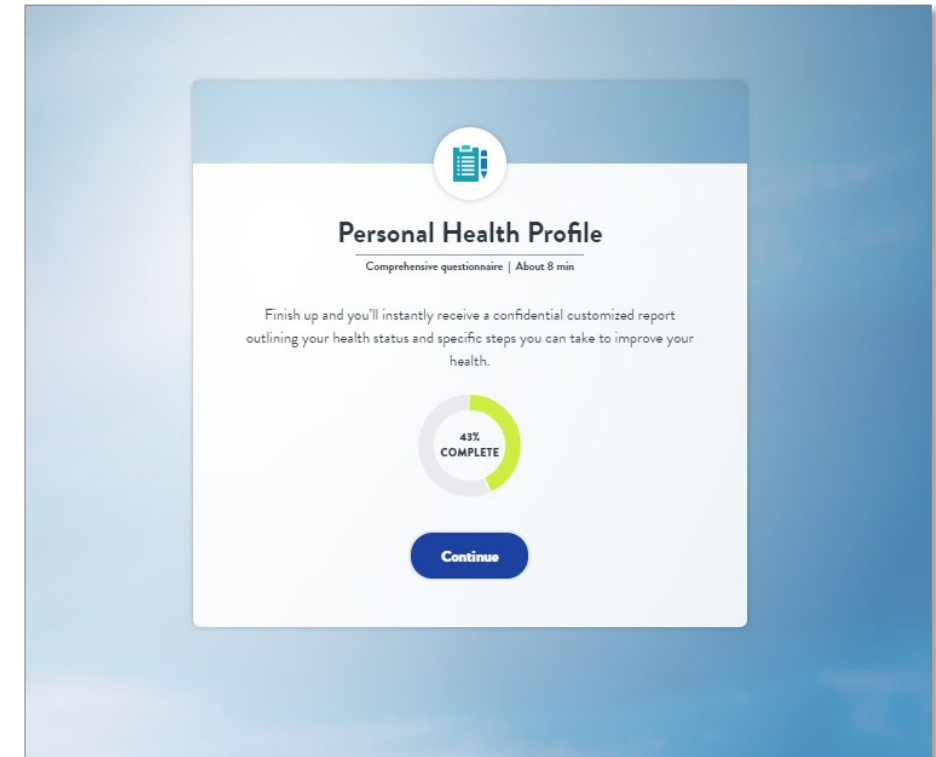
You must complete your 2026 PHP before you will be eligible to receive any payouts. Incentive points earned will be paid out in the employee's check at the end of the following month.

A HEALTHIER U
DREXEL HUMAN RESOURCES



Personal Health Profile

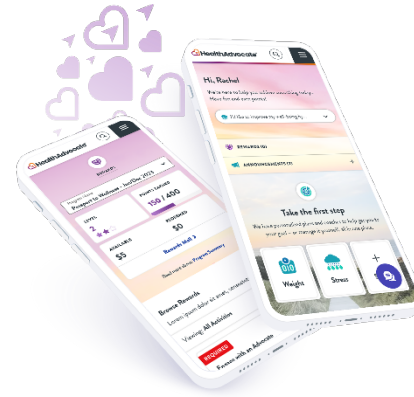
- **Required activity to receive monthly paycheck credits**
- Learn how you can take action to optimize your well-being, gain insight into your lifestyle and understand potential health risks
- Earn **50 points** for completing



Available Activities to earn Wellness Points



Activity	Points/Max.
Personal Health Profile (PHP)*	*Required + 50 pts
Health (Biometric) Screening	100/100
Preventive Care Exams	50/200
Dental Exams	50/100
Flu Shot	50/50
Personal Pathfinder	15/30
Well-Being Workshops	25/ 100
Tobacco Status	50/50
Health Education Session	15/15
3-Session Wellness Coaching Programs	50/100
Personal Challenges	25/100



Discover all the benefits of your well-being program!

Explore Health Advocate’s member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, access curated health information, and more. It’s your personal hub for achieving your well-being goals!

HealthAdvocate.com/drexel
 Registration code: DREXELU
*code for first-time users
 registering from mobile app*

Access Well-being




Activity	Points/Max.
Personal Challenges	25/100
Personal Pathways	50/150
Ten at 10 Program	1/50
Drexel Onsite & Virtual Activities	Max of 200
Track Healthy Behaviors	Max of 600
New! Health Advocate EAP Activities	
dCBT Flash Course	15/15
dCBT Learning Module	50/50
Webinars or Training Courses	25/50

Spouses and domestic partners who receive medical insurance through Drexel, or spouses and domestic partners of employees who waive medical coverage, are eligible to participate in all of the following activities, except for the Drexel On-Site Wellness Activities and Ten at 10 Program.

Track Healthy Habits to earn Wellness Points

Track healthy habits and meet the recommended goals to earn points.

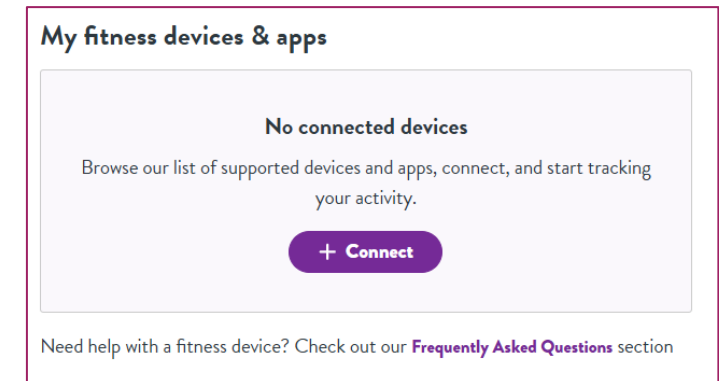
Earn a maximum of 50 points per track and maximum total of 600 points across all trackers.

Be Well Trackers	Recommended Goal	Points
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1/50
 Whole Grains	Eat 3 or more servings of whole grains daily	1/50
 Water	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1/50
 Physical Activity	Stay on your feet by taking 10,000 or more steps daily <i>(combined tracker)</i>	1/50
<i>(combined tracker)</i>	Get fit by exercising for at least 150 minutes weekly <i>(combined tracker)</i>	5/50
 Strength Training	Increase your strength by performing this activity 2 or more days weekly	5/50
Be Balanced Trackers	Recommended Goal	Points
 Sleep	Function your best by sleeping at least 7 hours each night	1/50
 Manage Stress	Perform one or more activities to relieve stress daily	1/50
 Meditation/Resilience	Perform one or more meditation or resilience activities daily	1/50
Be Connected Trackers	Recommended Goal	Points
 Reduce Social Media	Spend less time on social media daily	1/50
 Charity Work	Give back by volunteering your time at least once a month	10/50

There are many other trackers available on the website for your use that are not point-eligible. Use them to help you meet your personal goals.

How to sync your fitness device

1. Click on **My Account** in the upper right-hand corner
2. From the drop-down menu, select **Account Settings**
3. Click on **Fitness Devices & Apps** and follow the steps to sync



Fitness devices & apps from leading manufacturers are supported, including:

Apple Health*, Fitbit®, RunKeeper, Withings, Garmin Connect, MapMyRun, MapMyFitness, MyFitnessPal, Strava, and MyFitnessPal. Follow the steps above to find all compatible apps and devices.

*Offerings are subject to change. *Please note: You will only see Apple Health as an option when logged on to the Health Advocate app on compatible iOS devices.*

How wellness coaching works

Wellness Coaching is available weekdays from 8 AM - 9 PM, ET



Connect with a Wellness Coach

Just call, message or live chat.
It's that easy!

Brief intake on your first engagement

Learn about you and your wellness goals

Start the foundation of your **Action Plan**

Decide how you want to connect and how often

Each time you and your Coach connect, you'll:

- ✓ Discuss your progress
- ✓ Problem solve through challenges
- ✓ Review your goals for continued success

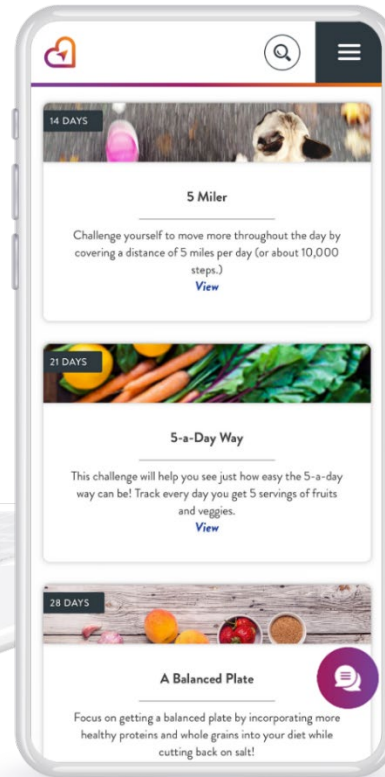
Wellness coaching: Your way



Health Education Session	1 engagement with a Well-Being Coach to discuss health screening results, PHP, and/or health goals	15 points
Short-term coaching	3 engagements with a Wellness Coach to discuss health screening results, PHP, and/or health goals	50 points per 100 points max
Jump-Start Coaching Programs	Scale Down	
	On the Move	
	Make Control Your Goal	
	Stress Less	
Tobacco Cessation	12-week program with personalized support to develop a quit plan	100 points

Earn points for completing the coaching programs per program year, however, coaching sessions are unlimited. **Connect as often as you'd like!**

Explore your well-being website and app!



Guided Pathways

Personal Health Profile

Challenges & Workshops

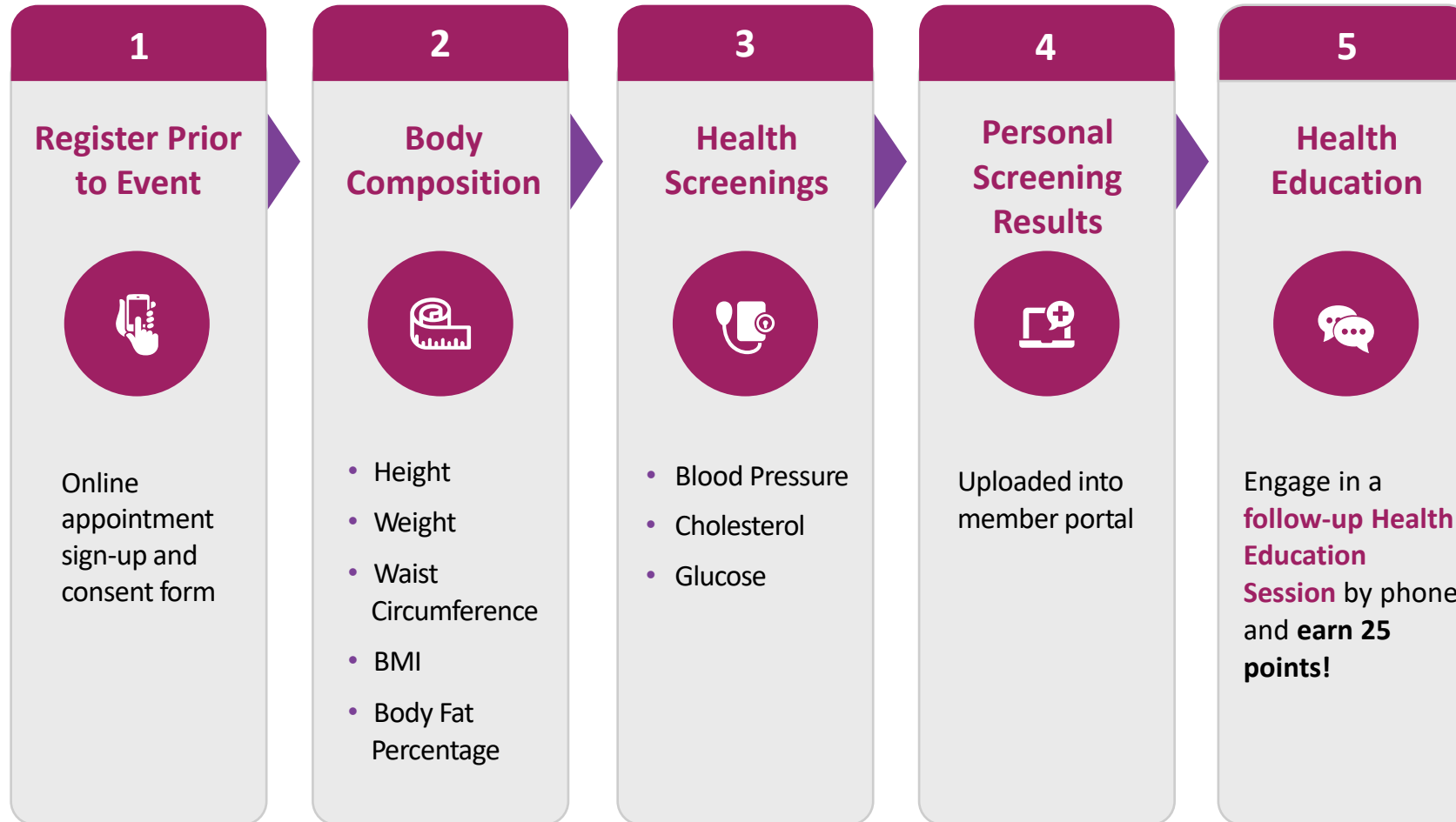
Health Trackers

Learning Center: Articles & Videos

Recipes & Meal Plans

Onsite Screening Event

Creese Student Center in Grand Hall on Tuesday, 2/24/2026



If you cannot attend, alternative options include LabCorp Voucher or Physician Form!

All the ways Health Advocate supports you and your Family

Clinical and Administrative Advocacy

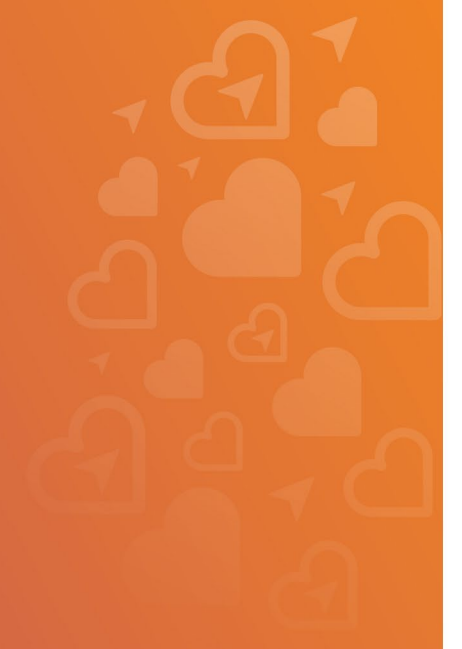
New in 2026! Employee Assistance Program (EAP)

New in 2026! Generations: Aging Adult & Caregiver Support



Advocacy Support Services

Expert help with insurance-related issues and clinical support for healthcare concerns



Advocacy: Health & Benefits Navigation



- **Get answers** to your insurance questions; resolve claims and billing issues
- **Understand your coverage** for medical, dental and vision services; know your deductibles, copays, and out-of-pocket costs
- **Learn more about health savings accounts** and how they work with your health plan
- **Get assistance finding in-network doctors and specialists** for your specific needs, making appointments, and transferring medical records
- **Explore and find the latest treatment options;** get second opinions

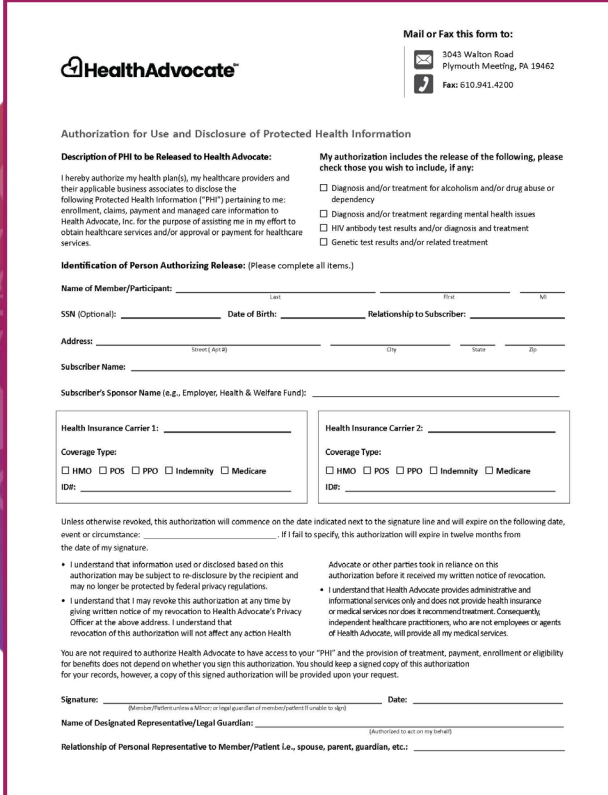
Special help for parents, parents-in-law, retirees, and pre-Medicare retirees

- **Assist retirees** transitioning to private coverage or Medicare
- **Clarify** all parts of Medicare, including Parts A, B, C, and D
- **Educate about Medicare Advantage** and supplemental plans
- **Locate plans**, explain the differences between them, and help weigh options
- **Locate eldercare services** and community resources that fall outside traditional coverage
- **Research private coverage** and public exchanges
- **Facilitate care management** interventions



Medical authorization release form

- **Authorizes Health Advocate to interact with doctors, other providers, and insurance companies on your behalf**
- **This one-page form can be downloaded from the member website or app, or emailed, mailed, or faxed to you to complete and return**
- **Secure electronic signature service also available**
- **Ensures complete confidentiality and privacy**



HealthAdvocate

Mail or Fax this form to:
 3043 Walton Road
 Plymouth Meeting, PA 19462
 Fax: 610.941.4200

Authorization for Use and Disclosure of Protected Health Information

Description of PHI to be Released to Health Advocate:
 I hereby authorize my health plan(s), my healthcare providers and their applicable business associates to disclose the following Protected Health Information ("PHI") pertaining to me: enrollment, claims, payment and managed care information to Health Advocate, Inc. for the purpose of assisting me in my effort to obtain healthcare services and/or approval or payment for healthcare services.

My authorization includes the release of the following, please check those you wish to include, if any:

Diagnosis and/or treatment for alcoholism and/or drug abuse or dependency
 Diagnosis and/or treatment regarding mental health issues
 HIV antibody test results and/or diagnosis and treatment
 Genetic test results and/or related treatment

Identification of Person Authorizing Release: (Please complete all items.)

Name of Member/Participant: _____ Last _____ First _____ MI _____
 SSN (Optional): _____ Date of Birth: _____ Relationship to Subscriber: _____
 Address: _____ Street (Apt #) _____ City _____ State _____ Zip _____
 Subscriber Name: _____
 Subscriber's Sponsor Name (e.g., Employer, Health & Welfare Fund): _____

Health Insurance Carrier 1: _____ Coverage Type: <input type="checkbox"/> HMO <input type="checkbox"/> POS <input type="checkbox"/> PPO <input type="checkbox"/> Indemnity <input type="checkbox"/> Medicare ID#: _____	Health Insurance Carrier 2: _____ Coverage Type: <input type="checkbox"/> HMO <input type="checkbox"/> POS <input type="checkbox"/> PPO <input type="checkbox"/> Indemnity <input type="checkbox"/> Medicare ID#: _____
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Unless otherwise revoked, this authorization will commence on the date indicated next to the signature line and will expire on the following date, event or circumstance: _____ if I fail to specify, this authorization will expire in twelve months from the date of my signature.

• I understand that information used or disclosed based on this authorization may be subject to re-disclosure by the recipient and may no longer be protected by federal privacy regulations.
 • I understand that I may revoke this authorization at any time by giving written notice of my revocation to Health Advocate's Privacy Officer at the above address. I understand that revocation of this authorization will not affect any action Health Advocate or other parties took in reliance on this authorization before it received my written notice of revocation.
 • I understand that Health Advocate provides administrative and informational services only and does not provide health insurance or medical services nor does it recommend treatment. Consequently, independent healthcare practitioners, who are not employees or agents of Health Advocate, will provide all my medical services.

You are not required to authorize Health Advocate to have access to your "PHI" and the provision of treatment, payment, enrollment or eligibility for benefits does not depend on whether you sign this authorization. You should keep a signed copy of this authorization for your records, however, a copy of this signed authorization will be provided upon your request.

Signature: _____ Date: _____
(Member/Patient unless a Minor or legal guardian of member/patient is unable to sign)
 Name of Designated Representative/Legal Guardian: _____
(Authorized to act on my behalf)
 Relationship of Personal Representative to Member/Patient i.e., spouse, parent, guardian, etc.: _____

Here are a few useful tips when reaching out

We quickly get you to the right place

Our Triage unit will take your call, gather details about your issue, and connect you with the right expert.



Come prepared

What you need depends on your issue.

For claims questions, have your medical bill and **Explanation of Benefits** ready.

You will also need to sign our **Medical Authorization Release Form** to let us assist you.

How long it takes

Turnaround times vary by issue.

Simple requests, like finding an in-network specialist, take less time than those needing research or outreach to health plans or doctors' offices.



We keep you informed

Your Personal Health Advocate will follow up until your issue is resolved, providing regular email updates along the way.

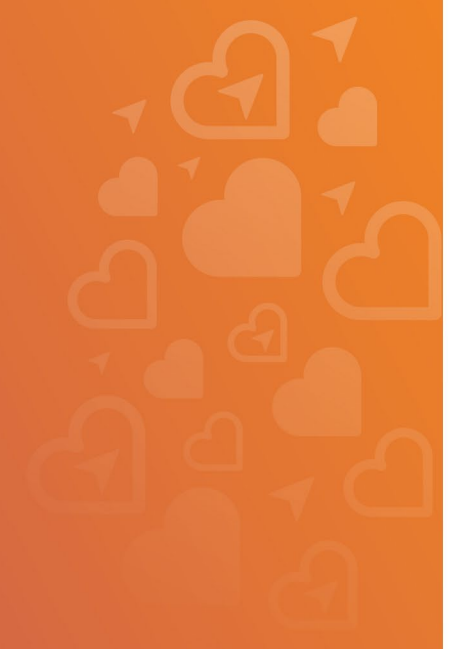
Secure emails will come from: "Health Advocate Follow Up"



New in 2026!

Generations

Aging Adult & Caregiver Support



Generations: Aging Adult & Caregiver Support



A dedicated Nurse Coach provides expert clinical guidance



A **Nurse Coach** is **assigned** to your family and conducts a detailed needs assessment

They uncover any pressing needs and **determines your family's preferences**

The Nurse Coach **creates a plan** and hosts regular check-ins with your family

Your Nurse Coach is supported by a team of Personal Health Advocates

Benefits experts
help navigate health coverage

Licensed counselors
provide emotional support

Financial & legal experts
offer support & resources

Expert support from Personal Health Advocates

Resource location and coordination



Living arrangements Support groups Medical equipment House cleaning & meal prep

Assisted living 55+ communities Veteran's Services

Nursing homes Hospice Physical therapy Post-death affairs

Financial and legal consultations

Mental/emotional support



Counseling to address **stress, depression,** and feelings of **guilt**



Medicare & benefits guidance



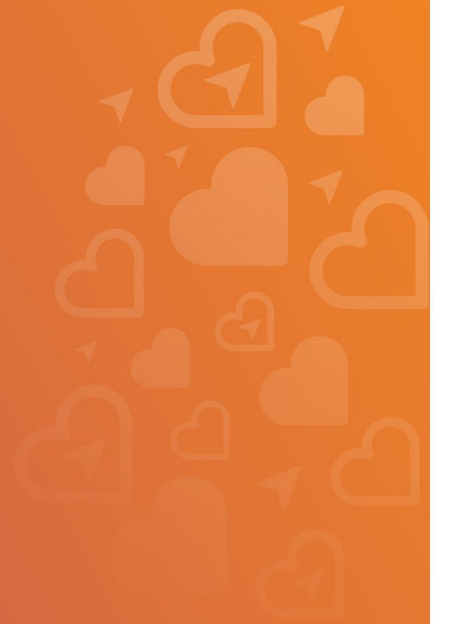
Medicare Leave of absence

Long-term care policies Medicaid

New in 2026!

Life & Emotional Health (EAP)

Confidential Employee Assistance Program
for help with personal and work/life issues



Life & Emotional Health (EAP)



Identify the counseling options that meet your unique needs and explore your available options



Develop a plan to feel more in control

- **Build skills** to address a variety of emotional and mental health needs
- **Get guidance from specialists** for help with legal and financial issues
- **Locate the right resources** to help you better balance work and life, such as childcare, eldercare and more

Confidential support for mental health concerns



up to
6 sessions
per issue, per year

- **Stress**
- **Anxiety**
- **Depression**
- **Marriage**
- **Family & parenting**
- **Relationships**
- **Burnout**
- **Coping**
- **Substance abuse & addiction**
- **Grief & loss**

You can call Health Advocate 24/7 for guidance and resources.

If you are in imminent danger, call 911

Support to balance work/life



Eldercare



Life transitions



Parenting, Childcare



Grief & Loss



Identity Theft



Relationship Issues



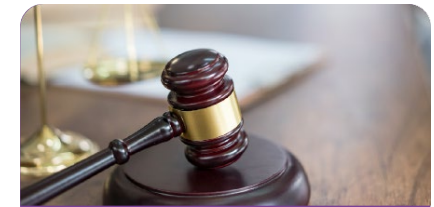
Stress, anxiety,
depression



Substance abuse



Financial
Issues



Legal
Issues



Legal Services

- Criminal law
- General/civil law
- Domestic/family law
- Elder law
- Separation/Divorce
- Real estate
- Tax and IRS matters
- Motor vehicle law
- Estate planning
- Child custody



Financial Services

- Credit management
- Debt counseling
- Budgeting
- Restoring credit
- Identity theft
- Home refinancing
- Student loans
- Retirement planning
- Divorce

Concierge research services



Restaurant reservations

Travel research

Party and event planning

Home maintenance services

Sporting events

Car maintenance services

Digital Cognitive Behavioral Therapy (dCBT)

Online modules, resources, and daily inspiration to help improve your mental health



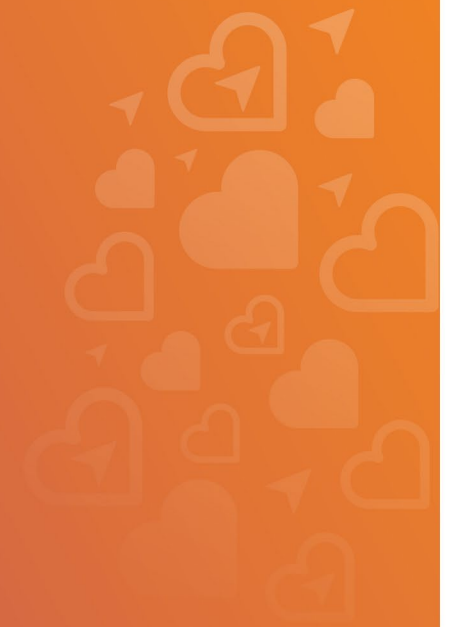
How it works

Modules guide you through steps to build skills and better cope with issues

- Thought journals
- Problem-solving worksheets
- Daily emotional health tracker

Health Advocate Blog

Information to help
you live well, find balance, and more!

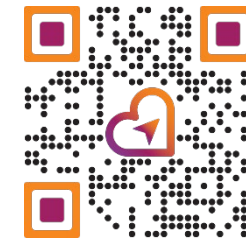
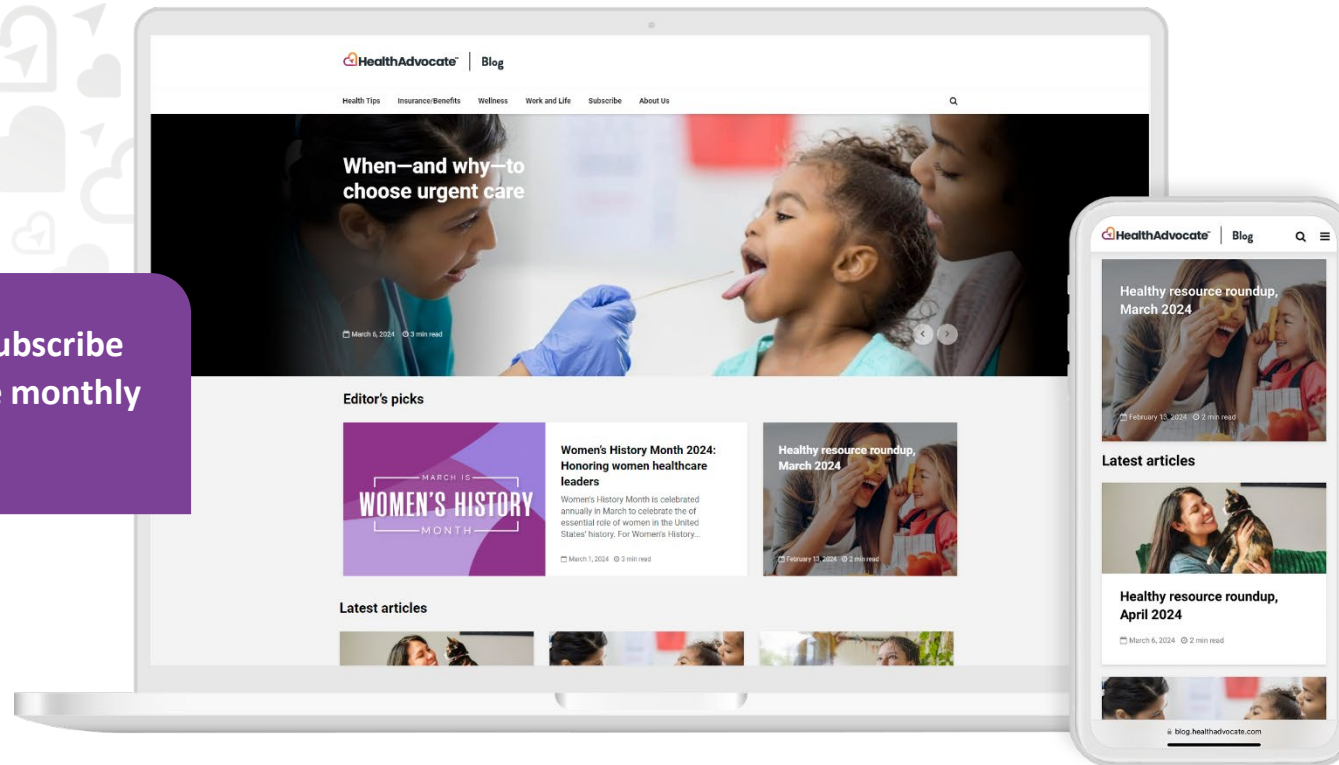


Visit the blog!

An extensive collection of timely articles viewable on desktop and mobile devices



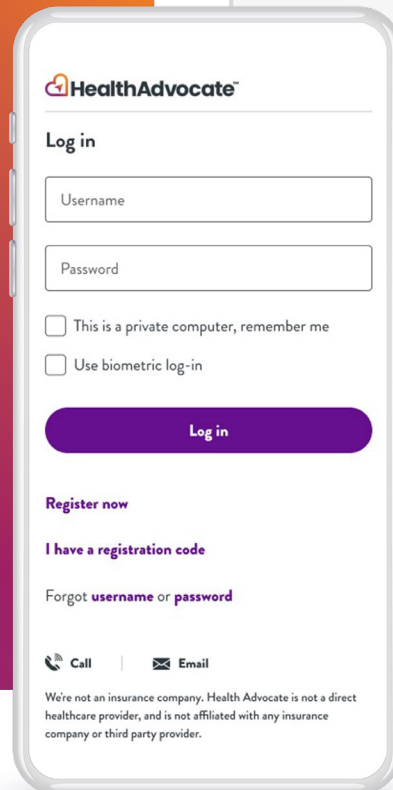
You can subscribe to receive monthly emails!



Visit: [blog.HealthAdvocate.com](https://blog.healthadvocate.com)

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